

Grace Notes



February 2017

Issue 209

President's Day is February 20th

As Tall as Lincoln

Here is a man who was as tall in character as he was physically.

He was tall in tolerance. It was Lincoln who uttered those immortal words; "With malice toward none, and charity for all." He was tall in justice. He pardoned many soldiers.

He was tall in humor. Lincoln was big enough to laugh at himself.

He was tall in faith. In the dark days of the war he said: "Let us have faith that right makes might and, in that faith, let us, to the end, dare to do our duty as we understand it."



The Friend of Mankind

Washington, the brave, the wise, the good, supreme in war, in council, in peace.

Valiant without ambition, discreet without fear, confident without presumption.

In disaster, calm; in success, moderate; in all, himself the hero, the patriot, the Christian.

The father of nations, the friend of mankind, who, when he had won all, renounced all, and sought in the bosom of his family and of nature, retirement, and in the hope of religion, immortality.



Kirinuke

Monthly Events

FEB. 2	COTTAGE CARRY-IN	5:30 P.M.
FEB. 7	CHENANIAH GOSPEL HOUR	2:30 P.M.
FEB. 9	DIABETIC SUPPORT GROUP	1:00 P.M.

Weekly Events

Monday	9:00 A.M. Community Grocery Shopping 4:00 P.M. Wii Bowling Practice
Tuesday	10:00 A.M. Hymn Sing & Out to Lunch (Blood Pressure Checks)
Wednesday	4:00 P.M. Wii Bowling Practice
Friday	9:30 A.M. Move it with Marilyn! 4:00 P.M. Wii Bowling Practice
Sunday	2:30 P.M. Chapel—Activity Room

Did you know that we have a Wednesday evening Bible study group? It is held in our Board Room every Wednesday night @ 6:30 P.M. Pastor Bruce Jackson, from First Grace, leads this study. We'd love for you to join us!



- Our nursing home residents have their own daily scheduled activities, however, cottage residents are welcome to attend the chapel service each Sunday afternoon @ 2:30 in the Activity Room.



Did you know that we have started a new book club? Every Tuesday, between 10 A.M.—4:00 P.M. we are offering “GBV’s Hooked on Books Club”. If you are interested, all you need to do is bring a book that you’ve already read, donate it (for someone else to read) and then take a book from the table that you would like to read! This will be set up in the Community Room every Tuesday. Reading can take us away to fun destinations . Especially when it’s cold, rainy or snowy outside!

Happy Valentine’s Day! February 14th
A Valentine Poem for Grandma and Grandpa

Dear Grandma, you’re so special.
You do such nice things for me.
You love me just the way I am;
You make me as happy as can be.

You are the greatest Grandpa.
We have lots of fun.
If there were a Grandpa contest
You surely would have won!
~by Joanna



FEB 5	RACHEL
FEB 17	MARGARET
FEB 19	GEORGE
FEB 20	AUSTIN
FEB 20	EMERSON
FEB. 28	MARTHA

HAPPY ANNIVERSARY

FEB. 13 AUSTIN & BONNIE



Great Benefits from Living in a CCRC

Continuing Care Retirement Communities (CCRCs)—such as Grace Brethren Village (GBV)—are designed as environments where people live longer, healthier, and more actively engaged lives. They are also communities that provide senior adults with a sense of independence throughout the later years of their lives. The American Association of Homes and Services for the Aging (AAHSA is the national affiliate of AOPHA which GBV is a member of) defines a CCRC as “an organization that offers a full range of housing, residential services, and health care in order to serve its residents as their needs change over time.” At GBV we combine several levels of health care within one community setting and offer a variety of programs and activities to help emphasize social involvement and community life.

A variety of studies show that CCRC's provide a lot of benefits to those that live in them. The Office of Disability, Aging, and Long-Term Care for the US Department of Health and Human Services prepared a research paper that found residents who live in CCRCs are indeed healthier and live longer. The research statistics show that CCRC residents have a life-expectancy which is several years longer than other seniors who do not live in a CCRC.

It has also been found that CCRCs offer an environment which actually can improve the health and functioning of residents. Many studies have attributed these noticeable health benefits to the more active approach that CCRCs take towards health care. CCRCs combine a variety of services which may affect the overall wellness of their residents. These services, along with a clear strategy of health promotion by the communities, attempt to encourage the elderly to be more involved in maintaining their own health.

The research analysis specifically noted the following benefits provided by CCRCs:

Active Lifestyles

CCRCs promote an active lifestyle by encouraging seniors to engage in an active lifestyle. GBV has an exercise/fitness room, offers exercise classes with Marilyn, Wii Bowling, horse shoes, and shuffleboard. I encourage you to use any of these along with your own ways to remain active.

Social Involvement

CCRCs encourage residents to stay involved in the community—both the CCRC and the greater community outside—because social isolation has proven to be associated with poor health. By creating environments that promote social interaction, GBV helps make the lives of their residents longer and more enjoyable. Our volunteer program is one way you can be involved in our community. Ask Marilyn Schmidt or Debbie Crews if you have an interest in serving our Health Care Center Residents either by helping with an activity or passing out ice and water. This is just one great way that you can increase social involvement.

Overall Wellness

CCRC's also help residents maintain overall happiness, and therefore, wellness. The respect with which residents are treated by staff members may significantly contribute to the longer, healthier lives residents lead. GBV is known for our “bending over backwards” treatment of our residents.

Attractive to Younger Seniors

Because CCRCs let residents live independently as they would in their own homes, along with the added benefits of health care, many younger seniors find CCRCs a wonderful option for retirement.

Experienced Management You Can Trust

One aspect that many of the research about CCRC's does not mention is management.

~ Cont'd on Pg. 4

At GBV you have a management team with over 142 years of experience in the Long-Term Care industry. While experience alone can't instill a sense of trust in us as individuals; when you combine that experience with the fact that GBV has been around for over 45 years as a not-for-profit organization, you can trust that all this experience is geared toward your well-being and not that of having to make a profit for some corporation headquartered someplace else. You can be well assured that your management team's priorities are to serve you as an individual, GBV as a community, and our Savior Jesus Christ, overall.

General Notes:

The recycling program is still running well. One of the things that we have noticed from time to time is that there is trash in the recycling bags! Please keep in mind that these recycling bags are for materials that are to be recycled. If you need a list of what those items are, please contact Peggy in the front office. Items such as peanut butter jars with peanut butter along the sides is considered trash and needs to be thrown out with the trash (unless you decide to clean it out before you put it in the recycling bag. Not only are there recycling bags in the community room, we still offer them at the front desk in the Business Office for your convenience!

Our phone system has not been working properly over the past few weeks. One of the major problems is that no one can leave messages on our voice mail system. We tried to have it repaired but since the system is so old, it became too costly to have it fixed. Therefore, we will be purchasing a new phone system for the Office/Nursing Home. If you are one of those people that left a message and are wondering why we never returned your call, this is why! I apologize for whatever inconveniences this may have caused you and I am hoping by the writing of the next newsletter, all phone problems will be resolved.

I know that it has been a long time coming, but GBV is in the process of purchasing a new and improved front sign. The plan is to have it installed early in the Spring.

Debbie Crews (Director of Activities) is trying to put a schedule of fun and interesting events for the Cottagers for this year. If you have any ideas or, if there is something that you think other Cottagers would be interested in doing, please let Debbie know ASAP.

I know that it is very early, but the Volunteer Banquet has been scheduled for April 13 (Thursday). Even though this date may change (we will be in our Annual Survey Window if they have not already come in by this time); please put this on your calendar if you are a GBV Volunteer. We appreciate all of our Volunteers and we value this day to express our appreciation to you.

GBV received another Award in January. It may not be as prestigious as some of our National Recognized Awards that GBV has received over the years, but it is very meaningful to us nonetheless. Miami Valley Career Technology Center honored GBV with a Certificate of Appreciation to thank us 'for demonstrating the continued commitment required for our students to achieve excellence and success.' GBV has been involved with Miami Valley CTC to help educate and train their students for over the past 10+ years. As a faith-based organization and one of the very best Skilled Nursing Facilities in the country, we feel it is our responsibility to teach the next generation of care givers how to care and respect those that we are blessed to serve.

~Mike

The Topic—Another Reason

One good reason for accepting divine creation of the cosmos is that it results in human dignity and happiness, whereas the result of evolutionary hypothesis are dark, sinister, and deeply troubling. Scientists, after all, gather evidence for their theories by conducting experiments and finding out what works and what doesn't.

Does evolution then “work”? Does it result in psychological and sociological health and happiness? It is a well-known if seldom mentioned fact of history that Darwin's survival of the fittest and materialist evolutionary conjectures seized upon by Karl Marx, provided the foundation for both Hitler's and Stalin's genocide.

In America, Darwin's influence has been more subtle, but think of it this way: What would you expect of a generation that have been taught evolution from their earliest schooldays? If Darwin is right, we are nothing but accidental by-products of evolutionary dust on an insignificant world lost somewhere in the vastness of a hostile universe and doomed to perish in a short period of time. We are nothing more than a match that blazes for a moment, then is extinguished forever. We are without any divine guidance, without any moral absolutes. We have no spirit and no soul, therefore we become obsessed with our bodies, obsessed with pleasure. All we are, as the song says, is “dust in the wind.”

What does such a belief do to optimism and hope? To moral values? To the sanctity of life? To human dignity? To the sacredness of home and family? To law and order?

Dostoevski once remarked that if God is dead, then everything is justifiable; philosopher Ravi Zacharias put it like this, “There is nothing in history to match the dire ends to which humanity can be led by following a political and social philosophy that consciously and absolutely excludes God.

If, on the other hand, creation is true, then we are formed by a loving God in His own image, the crown of His creation and heirs of eternal life through His Son, Jesus Christ. We are people of dignity and worth, surrounded by a fantastic universe that He made for our enjoyment. We are guided by sound moral principles leading to human health and happiness, and we are comforted by all the promises in the book He has given. We have hope even during life's darkest hours, and we have value beyond that of any other living creatures.

Which option seems most sensible to you?

~Chaplain



On February 2 of 1887, Groundhog Day was celebrated for the first time at Gobbler's Knob in Punxsutawney, Pennsylvania. According to tradition, if a groundhog comes out of its hole on this day and sees its shadow, there will be six more weeks of winter weather; no shadow means an early spring.

Groundhog Day has its roots in the ancient Christian tradition of Candlemas Day, when clergy would bless and distribute candles needed for winter. The candles represented how long and cold the winter would be. Germans expanded on this concept by selecting an animal, the hedgehog, as a means of predicting weather. Once they came to America, German settlers in Pennsylvania continued the tradition, although they switched from hedgehogs to groundhogs, which were plentiful in the Keystone State.

In 1993, the movie *Groundhog Day* starring Bill Murray polarized the usage of "groundhog day" to mean something that is repeated over and over. Today, tens of thousands of people converge on Gobbler's Knob in Punxsutawney each February 2 to witness Phil's prediction. The Punxsutawney Groundhog Club hosts a three-day celebration featuring entertainment and activities.

~Information provided by Alice

Up-coming Cottage Move-ins:

As of this publication we do not have definite move-in dates,
but watch for these new neighbors!

George

Harold & Rachel

Steve

Geneva

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MONTHLY REMINDER

**TEST YOUR EMERGENCY PHONE.
PRESS BUTTON ON PENDANT THE
SAME DAY EACH MONTH, SUCH
AS YOUR
BIRTHDAY DATE**

MONDAY VAN SERVICES

**MONDAY MORNINGS 10:00 A.M. GBV VAN TAKES
COTTAGE RESIDENTS TO GROCERY
AND OTHER ERRANDS
CALL JOHN MILLER @ 1-937-667-3642
TO LEAVE A MESSAGE IF YOU REQUIRE
TRANSPORTATION ON MONDAYS
Please call him on Friday, prior to the Monday**

Motor Memories

Two men were discussing cars and one of them mentioned he had once owned a Rolls-Kinardly.
"What is a Rolls-Kinardly?" his friend asked.
"That," the man explained, "is a car that rolls down one hill and kin 'ardly get up the next."



**Each morning God gives us a rose.
Some of us will spend the day
complaining about the thorns.**

Diabetes Support Group

**This support group meets on the
2nd Thursday of each month. If
interested, please join us at the
next meeting, February 9th @
1:00 P.M. in the Board Room
Any questions about the group?
Call Jim @ XXX-XXXX**

**BUS GARAGE
FUND**

\$12,956.10